

Bird/Swine Flu or Any Other Flu DOS and DON'TS:

What instructions has God freely given us to meet these crises?

There is No Crisis that God has not made provision for. This includes Ebola! If you believe in God and His word, read Exodus 15:26. "If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes," He says, "I will put none of these diseases upon you which I have brought upon the (world) Egyptians." Why does He say this? Because He stands behind His word! Have you not claimed His promises for health, have you not earnestly studied how to follow His word in health and salvation in the Gospel? Have you not made Him your God? Then will He not honor His word to you and put NONE of this FLU on YOU??? And if by some lame action of ours we succumb to the disease, is He not the God who forgives ALL our iniquities and heals us? You notice that I said "Haven't you been doing all of these things? Let us, if we have not been doing these things, do some *earnest* searching of soul, surrendering ourselves before God to begin to seek after Him.

When we follow the principles laid out for us on health and take nothing into our bodies that defiles, which includes *vaccines*, those things that cause deterioration, alteration of pH, clogging, and degeneration; disease and infections will not take hold very easily. You must understand that as Paul has instructed us to put on the "whole armor" in Christ Jesus, that having done all to stand, WE WILL STAND! By God's Grace! It is His promise to us, do we believe? Are we putting that armor on daily, the whole armor—which is all the words of God, including the Health Message. This is where the tire meets the road in our faith and our practical experience or actions. Believe me this flu issue and all of the other ones coming after it, by the time it is said and done, will show us the importance of having believed and walked in the health message, the Word of God, and his saving grace and forgiveness. Therefore our works do follow us...Revelation 13:14 even in this life. Our faith will be seen by our works!

There is a lot of information flying around on the internet etc. It is all founded on some truth, but unless you are rooted and grounded in the principles of the laws of nature and the health message you will become confused and not be able to do the right thing. There is a lot of confused voices crying around that do not coincide with the principles of God's word, such as the recent information not to boost the immune system due to the "cytokines storm" that is aroused in the body with this flu. While basically it does work like that, the true picture is that that is the way it is supposed to work, and

we are to employ the other means that we have available like hydrotherapy (the hot foot bath, wet sheet pack, or fomentations) to pull this inflammation off the body. Poultices of garlic to the feet (make sure you do not put it on straight, ask for instructions/recipes) always relieves the lungs of extra fluid and inflammation. Creative Healing Massage's pneumonia massage has proved very helpful with the Swine Flu episodes. Lastly a castor oil pack to the chest every night helps break up inflammation and the body is able to rid itself of the morbid matter. It is only the immune system that can deal with this bug; we must begin strengthening it now.

How to *Strengthen* the Immune System: This is for when you are not ill. Begin to take Echinacea tincture daily 3-4 times a day, using 4 droppers full for each dose. Do this for one week then skip a week. Always evaporate the alcohol of the tincture in a cup of very hot water and let it set for 20 minutes.

HOW TO TAKE

When you have any symptoms of colds flu or infection be sure to have on hand Triple Tincture and instead of Echinacea use it. You would then take a loading dose of two to three teaspoons full of the tincture in HOT water 3-4 times the first day or two, being sure to start with the very first noticeable symptoms. Then the maintenance dose would be 6-8 droppers full per dose until all symptoms have been gone for 3 days. There are several other things that are essential to a strong immune system.

1. Exercise daily in the open fresh air as this is the only way to be effective. Get your pulse rate up to at least 120 and keep it there for 30 minutes twice a day. An absolute must! If you have not exercised much before, be sure to work into this program gradually.
2. Do all of these things listed here in this article even if you should get the flu, and add to all of this Triple Tincture 2-3 tsp full in a cup of coffee hot water, cooled and drank three times a day. In addition to this tincture you would need to nebulize EnOgy Now, 44 drops, three times a day and take Deep Fulvic 1 TBSP mid am and mid pm until all symptoms are gone.
3. Air your house out completely, daily. Sleep with the windows open. Sit up straight and breathe deeply. Fresh air brings oxygen and that is the top most important nutrient that we need.
4. Drink at least 10 or more glasses of filtered clean water with fresh squeezed lemon juice in each glass throughout the day. This is an absolute must!
5. Go to Bed! No Later than 9 PM; earlier is better. These hours before midnight are the ONLY HOURS that your body's hormones, chemistry, hydration, detoxification are receiving their refurbishing and cleansing for the next day's work, getting over the onslaught of the previous day.

It truly makes all the difference in the world whether you will be in health or not.

6. Absolutely DO NOT eat sugar (processed and refined sugar)! Do not take them in any form. It will surely bring disaster if you do not eliminate it from your diet. In fact you will be much stronger in your ability to fight off any flu bug if you eat very little of the sweet fruits, honey, maple sugar, succanat, and even the good sugars.
7. Do not take in cooked or heated fats, such as roasted nuts, fried foods, etc. These foods when eaten are not digested as they should be, and the result is severe acid waste thrown off into your body. This causes the liver to put out extra fats to protect your body from the acidity, but your pH still declines and morbid conditions begin to take over.
8. There are some absolute DO NOTS and these include and are not limited to: soda pop, coffee, alcohol in any form (herbal tinctures are to be evaporated first before drinking), tobacco in any form, OTC drugs (over the counter), aspirin and Tylenol are very harmful to the body especially in the presence of viruses. Use hydrotherapy, as it has been given us to relieve pain by its healing virtues. Mercury is one of the most toxic substances that you can take into your body, and it comes in by dental fillings, eating fish, and other avenues. It would be worth your while to look into this. Do not eat FISH, Get rid of your silver fillings. DO NOT OVEREAT, cut back on the amount if you are a big eater. This is a cut above all other "Do Nots." Even if you did every other thing correctly and still overate, you would still deteriorate and become ill. The body can only handle a certain amount of food, and the Holy Spirit must speak to your heart about how much.
9. A merry heart does good like a medicine was never any truer than today. God is our peace, joy and happiness, and following Him with a clear conscience is grand, it brings peace, joy and happiness. Do not listen to the news, unless you are riveted in the truth that God carries our burdens, and the Holy Spirit directs you to listen. The news has been programmed for many years to bring to the people what "they" (those at the planning and executive levels of the agenda for global control) want you to hear so that you will do what "they" want you to do. It is very depressing, and derails your faith in Jesus. Remember that by beholding we become changed into the image of what we behold. Positive, uplifting towards heaven, loving, tender, compassionate, forgiving, merciful, PATIENT thoughts are the only ones that we can afford to allow ourselves to indulge in. These bring healing. If there be any thing good...think on these things. Study as never before, the WORD. If you are not in the habit of studying your Bible, then do not wait any longer. Begin today! Now! It is one of the

MOST ALKALINIZING activities that you can do for your pH and this is a scientifically proven fact.

10. EAT lots of fresh vegetables. Train your tastes; it only takes about two weeks to change your tastes. If the will is set, the body comes into line. Sprout your grains and legumes whether you will eat them raw or cook them. Eat lots of sprouts everyday! Eat only raw soaked nuts. Some of the seeds need soaking as well, such as pumpkin and sunflower, this improves digestion greatly. Digestion of these proteins is the most important issue. A good rule of thumb is to eat 8-10 nuts after a meal daily and chew thoroughly until like milk. This will be adequate and not too much protein in combination with all of your other food. Americans eat lots of protein but are deficient across the board in proteins and proper fats, due to imbalanced eating and lack of digestion. So chew your food until it is like milk before you swallow, even your liquids. As you are not cooking with oils or salt, so add a *little* oil or salt to your food at the table. Be sure to use Pink Himalayan salt. Regular eating of fresh garlic goes a long way in preserving our health and strength of the immune system, as well as cleaning out our arteries veins and cellular membranes.
11. Drink Green smoothies daily. Here is a recipe for one person: 2 cups water in your blender, add two cups of green leafy plants like kale, chard, beet greens etc, then add two cups of fresh acid/sub acid fruit like granny smith apple, berries, kiwi, etc. This loads you with soluble and non-soluble fiber, excellent minerals in a usable form, vitamins and mineral salts. This one thing alone will change your whole health picture. Fresh squeezed vegetable juices will give you excellent amino acids, vitamins, minerals, antioxidants, enzymes and nutritive boosts that strengthen your defenses. Drink at least 4 cups daily.
12. Be sure to keep your eliminatory channels open and clean. Skin brush daily for at least 10 minutes, this can take off up to 70 percent of the load on the kidneys and liver. Then step into the shower and get warm. Crank up the hot water to as hot as you can stand it for three minutes. Be sure the "hot" is not stinging you for that would be too hot and not move blood correctly. After the three minutes, then turn the cold way down to where it makes you take a deep breath, but is not numbing cold - not 'brain freezing' cold, just cold enough to move blood. This is necessary to rush the blood volume back into the organs. Do this for one minute directing it all over the entire body but especially to the head, neck and spine as these communicate to and control the whole rest of the body. Return to the hot, 3 minutes, then cold again and keep repeating these rounds until you have been doing this for 30 minutes all together, or 7 of each temperature. Do this daily. Ok, so that is the skin, the largest elimination organ. The most

important one is the bowels. I suggest that you get them going with Intestinal Cleanse Formula #1 and keep that going for no less than 3-6 months as this heals the sluggish smooth muscle that so many of us Americans have developed due to lack of fiber. Then in conjunction with the #1 formula, Begin the #2 formula according to the directions that come with them. This is huge in fiber, clay and charcoal as well as cleansing herbs. This acts as a vacuum cleaner, and a sponge; and pulls out heavy metals, drugs residues, chemicals such as synthetic hormones, food additives that have so intruded our body tissues like the Neuro-toxic elements. They will pull out mercury and strontium 90, the contrast medium. It will also get rid of the morbid matter and toxic plaques that we have formed in our bodies. It helps to get rid of the LDL when they are in excess, and any infectious matter present in the GI tract. Once all of these foundational programs/behaviors are in place then it is time for us to consider some deeper cleansing such as the kidneys and the liver and that is another whole lesson. If you are interested you can reply to lifetreewellness@yahoo.com and we will either send you information on how to do that, come teach classes, or direct you to someone in your area that knows how.

I sincerely hope that this will not only help you be defended by God in this flu issue, but also in all the issues of life. First, our trust and belief and faith must be a REALITY, a LIVING EXPERIENCE. And then we must obey our precious Savior by His faith and life within us, not only in the moral law but in the physical laws as well, for we are told that those are as sacred as the moral and "must control all who would enter the Heavenly Canaan land... for, they are also a transcript of His Character as well" HL pg 17